

INTISARI

PENGARUH PIJAT BAYI TERHADAP PENINGKATAN BERAT BADAN PADA ANAK USIA 3 BULAN-5 TAHUN DI KELURAHAN MANCASAN

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Latar Belakang: Pijat bayi membawa banyak manfaat, antara lain: memberikan rasa nyaman bagi bayi, merangsang peredaran darah dan menambah energi, merangsang fungsi pencernaan dan pembuangan, meningkatkan berat badan dan membuat tidur lelap. Studi pendahuluan dengan wawancara di posyandu Lestari kepada 5 ibu yang mempunyai anak dengan berat badan kurang, hanya memijatkan anaknya ketika anak rewel.

Tujuan : Mengetahui pengaruh pijat bayi terhadap peningkatan berat badan anak usia 3 bulan -5 tahun di Kelurahan Mancasan.

Metode: Desain penelitian menggunakan desain praeksperimen dengan rancangan *one group pretest posttest*. Jumlah sampel 36 anak. Alat analisis data yang digunakan dengan uji t-test.

Hasil : (1) Semua responden tergolong mempunyai berat badan baik dengan rata-rata 8,981 gram sebelum dilakukan pemijatan yaitu sebanyak 36 anak (100,0%); (2) Sebagian besar responden tergolong mempunyai berat badan baik dengan rata-rata 9,3917 gram sesudah dilakukan pemijatan yaitu sebanyak 31 anak (86,1%); (3) Ada pengaruh pijat bayi terhadap peningkatan berat badan pada anak usia 3 bulan – 5 tahun di Kelurahan Mancasan (*p-value* = 0,000 < 0,05).

Simpulan: Ada pengaruh signifikan pijat bayi terhadap peningkatan berat badan pada anak usia 3 bulan – 5 tahun di Kelurahan Mancasan.

Kata Kunci : Pijat bayi, berat badan, anak usia 4 bulan – 5 tahun.

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ABSTRACT

THE EFFECT BABY MASSAGE ON THE IMPROVEMENT OF WEIGHT IN CHILDREN AGE 3 MONTHS-5 YEARS IN THE VILLAGE MANCASAN

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Background: *Infant massage brings many benefits, among others: provide a sense of comfort for the baby, stimulate blood circulation and increase energy, stimulate digestion and disposal functions, increase the weight and make a deep sleep. Preliminary studies with interviews in Posyandu Lestari to five mothers who have children with less weight, just massaging her child when the child is fussy.*

Objective: *To determine the effect of infant massage on weight gain in children ages 3 months -5 years In Mancasan village.*

Methods: *The study design using the design praeksperimen with one group pretest posttest design. Number of samples 36 children. Data analysis tool used by t-test.*

Results: *(1) All respondents classified as having good body weight by an average of 8.981 grams before massaging as many as 36 children (100,0%); (2) The majority of respondents classified as having good body weight by an average of 9.3917 grams after massage performed as many as 31 children (86,17%); (3) There is an effect of infant massage on weight gain in children aged 3 months - 5 years in the Mancasan Village (p-value = 0.000 <0.05).*

Conclusion: *There was a significant effect of infant massage on weight gain in children aged 3 months - 5 years in the Village Mancasan.*

Keywords: *Infant massage, body weight, children aged 4 months - 5 years.*

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